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Bangalore Mirror ON SUNDAY

TEMP Max 28 | Min 19 | Humidity 69% Partly cloudy Sensex 62,828 | Nifty 19,638 | Gold 57,096 | Silver 69,870 | Dollar 83.18 | Euro 88.06 | GBP 101.45

GOOD GRAIN

State emerges fourth largest millet producer in country as shift to 'healthy option' continues

PAGE 5

SPEAK UP

BM takes a look at how local complaints committees are working and finds out they are not

PAGE 7

Anybody heard of the 3 rescue vehicles stationed at 3 ABC centres in city to help animals in need? Even activists unaware of such facility, depend on ineffective helpline

A FAR CRY FOR HELP

Lack of coordination among departments blamed for faulty implementation

| Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) Animal Husbandry Department has provided three rescue and squad vehicles at three different locations in the city for rescue of stray dogs and other small animals. However, not many animal activists and citizens are aware of the existence of such vehicles as authorities concerned have not bothered to popularise or maintain it.

BBMP Animal Husbandry Joint Director had issued a circular on March 31, 2023, stating that three rescue and squad vehicles are available for such activities and these vehicles are placed at ABC Centres at the Veterinary Hospitals at Chamarajpet, Cantonment Veterinary Hospital, and Medi Agrahara, Yelahanka. The circular also gives the vehicle registration number and name and contact number of the driver. But even animal activists are not aware of such a facility. And they have to depend on the Helpline 1962 which also does not have information on rescue and squad vehicles.

CONTINUED ON PAGE 12 »

KAUSHIK JN

"Government ambulances are being wasted and the helpline workers, who have a duty to liaise with the ambulances, have no clue of what's happening and so it leaves the reporters/ rescuers high and dry

– Sujaya Jagadish, SPCA member

This is a no-progress report

Plan to decongest areas near Sir MV Terminal conceived in 2022, but so far even administrative approval stage not crossed

| Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

Despite receiving the green signal in 2022 and funds allocated in the Karnataka Budget, the elevated rotary flyover near Sir MV Railway Terminal remains on paper so far.

Now, the BBMP is planning to send a proposal to the government for administrative approval.

The massive plan to decongest areas near Sir MV Terminal by building an elevated rotary flyover was welcomed. Despite the proposal being received in 2022, the project is yet to begin.

In March, the Karnataka government had also allocated Rs 345 crore for the project. As per the budget document, an elevated rotary flyover and a seamless connecting flyover will be constructed at the cost of Rs 345 crore to provide better connectivity to Sir MV Railway Station in Byappanahalli.

Sharing the progress on the project, a senior BBMP official said, "We will soon be sending the proposal for administrative approval." In January 2023, the BBMP had said that it was waiting for administrative approval from the urban development department (UDD).

Currently, the narrow service roads near

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Theatre fest

Ranga Shankara Theatre Festival 2023 is bringing some of the exclusive talents to centre stage. Watch some of the best plays from different parts of the country. The plays are showcased in different languages, and this year the audience can catch a play each in Kannada, Marathi, Tamil, Hini, and English. **Where: Ranga Shankara**
When: October 27-November 1

02 Vibrant hub

The second edition of Blend Bazaar: Bangalore's Ultimate Fusion Festival, is all set to happen soon. After an exclusive edition in 2021, Blend Community, a vibrant hub for creators, consumers, and brands, is gearing up to deliver an extraordinary experience to citizens. Experience a paradise for foodies, an electrifying music lineup, and captivating, crafting fashion, lifestyle, and artful events. **Where: Bharatiya Mall**
When: October 7 and 8; 11am to 10 pm

03 Exciting exhibition

Get the chance to attend the 31st edition of Vastrabharana, presented by the Crafts Council of Karnataka. This annual exhibition features various handcrafted textiles and jewellery. This year's theme is inspired by the Indian subcontinent's history of producing spices, which were traded along the Silk Route.
Where: Karnataka Chitrakala Parishath
When: until October 2; 10 am to 7:30 pm

Watch out! Alarming spread of this infection

City doctors see increase in admission of RSV-infected patients in hospitals; say there is notable rise in infections among adults this year compared to kids

Iffath Fathima
Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

The cases of respiratory syncytial virus (RSV), a viral infection that primarily affects the respiratory system, have been on the increase in the past few weeks, especially among adults, whereas they used to be predominantly seen in children previously. The doctors are also seeing cases of admission of RSV-infected patients.

RSV infiltrates the body through the eyes, nose, or mouth and is extremely contagious. It easily transmits through the air via respiratory droplets from infected individuals who cough or sneeze in close proximity. Additionally, direct contact, like handshakes, can also facilitate the transmission of the virus to others.

Dr Sachin Kumar, Senior Consultant, Pulmonology and Critical Care Medicine, Sakra World Hospital, said, "There is a notable rise in RSV infections among adults this year, whereas it used to be predominantly seen in children previously. Approximately one to two cases of indoor admissions each week are attributed to RSV. It's possible that the actual incidence is even higher, considering that we might not be routinely testing all adults with a mild fever and cough for RSV, particularly among individuals seeking care in the outpatient department (OPD) of our facility."

While the most vulnerable to severe RSV infections are premature newborns, infants under 12 months (especially those under 6 months), and children under 2 years old with chronic lung disease or congenital heart conditions, he added.

The common symptoms associated with RSV cases are coughing, sneezing, low-grade fever, sore throat, and more

Many health experts said that the virus can survive on surfaces for a period and spread through indirect transmission.

Dr Vivek Anand Padegal, Director-Pulmonology, Fortis Hospital, Bannerghatta Road, highlighted that in the last two months, the doctors have seen nearly 200 cases of RSV, with almost half of the cases requiring hospitalisation.

"During the same time last year, there were no reported cases of RSV. However, this year there has been a notable increase in RSV, particularly among adults. The RSV is a member of the Paramyxoviridae family and is highly contagious. It can also survive on surfaces for a period, allowing indirect transmission through contact with contaminated objects," he said.

The common symptoms associated with RSV cases are coughing, sneezing, runny nose, low-grade fever, sore throat and swelling in the throat, headache, breathing difficulties, and weakness. In severe cases, one might notice respiratory distress, such as wheezing or a whistling sound while breathing, and skin colour changing to blue due to a lack of oxygen.

Talking about whether any vaccine is available in the country for RSV injection, Dr Parimala V Thirumalesh , Senior Consultant, Neonatology and Paediatrics, Aster CMI Hospital, pointed out that currently there are no vaccines available in India. The doctor also stressed the need to take preventive measures.

> **"During the same time last year, there were no reported cases of RSV. However, this year there has been a notable increase in RSV** – Dr Vivek Anand

"Hand hygiene is important. One needs to wash their hands frequently. Avoid direct contact with infected people or those who are suffering from a cold or fever. Keep your surroundings clean. Avoid sharing utensils and use disposable cutlery. Avoid smoking when children are around. RSV can also easily spread in public places and crowded areas like malls and schools, and one should take all the precautionary measures," said Dr Thirumalesh.

Don't miss out on today's VK Street Sambhrama

Don't miss the special Sunday (today) at Malleswaram. This October 1 promises a new beginning as the residents get a chance to reclaim their streets, thanks to the VK Street Sambhrama organised by Vijay Karnataka and Bangalore Mirror. You will also get a chance to meet your favourite celebrities, who will be there to eagerly participate.

Well-known film actors Dhanya Ramkumar and Vicky Varun will be there to entertain you as well. Chaitra BG will conduct a yoga session, while Aishwarya Menon and Bhavana Uday Kumar will be there to teach fitness via dance.

VK Street Sambhrama has been scheduled for today to ensure people from all walks of life can participate. The festivities will commence at 8 am and will include customised programmes suitable for all age groups. The event is set to have some of the esteemed chief guests like Malleswaram MLA Dr CN Ashwath Narayan.

This programme is also supported by the BBMP, the police, and many other organisations. The best part is that entry to the programme is completely free, so don't miss out on this wonderful opportunity. The Street Sambhrama provides a unique opportunity for residents to take part in many games and events like dance fitness programmes, fitness awareness programmes, yogasana introductions, traditional games like kunte bille, lagore, buguri, beatboxing, caricature, health programmes, lemon and spoon race, and more. Food shops will also be available for the attendees.

VK street Sambhrama
Venue: 4th Main Road (behind Himanshu Shastri Road), behind Malleswaram playground
Date and time: Today, from 8 am to 1 pm
Entry: Free

Woman alleges harassment, cops try for 'compromise'

Victims of sexual harassment usually dissuaded from filing complaints, says activist after complaint against auto driver goes unheard

Ahna Prakash
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMIRROR

A 29-year-old woman alleged that she was sexually harassed by an auto driver last Sunday at 1 am.

The woman says that she had hailed an auto near a club in Koramangala as she couldn't get an auto from the apps.

"I don't know the exact routes in the city, but some 4 km from my place in Marathahalli, the auto driver stopped the vehicle and came to the back seat. It was raining, and it was a dimly lit area. He tried to forcefully kiss me," said the victim.

When she resisted, the auto driver went back to his seat and dropped her home, she said.

According to the victim, later, she went to the Marathahalli police station, and the cops there discouraged her from filing an FIR, saying that the case would drag on for two-three years. They allegedly also told her that because she doesn't have "proof"," so there won't be a strong case. She alleged that they then tried to mediate a "compromise" between the auto driver and her by calling him. She left the police station after that.

"I don't want to fight a case for two years, and I am away from my home. I don't want to trouble my parents. When the police called the auto driver, he said he was drunk, and that's why he did it, which shouldn't be an excuse. I just want his auto's number so that I can warn others about him," she told BM.

Many victims of sexual harassment in the city have also previously claimed that the police discourage them from filing a complaint. BM talked to activists to understand that despite sensitisation workshops and training, why are Bengaluru police still ignorant in cases of sexual harassment and misconduct?

Activist Brinda Adige says that the police department has to show in their data that less crime is being reported because there is a notion that less crime reported in a station equals a reduction in crime rates.

"Sometimes they are advised by the top officials not to record cases of a particular nature. When you enter a police station, there is a data chart that shows how many cases have been reported, and the police want to show people that crime rates are going down. Another thing is that the training is not attended by everyone. Only 30 per cent of the officials that are involved in filing FIRs attend these workshops; the rest are people who are going to retire in a few years. Because there is an assumption that their time can't be wasted on training," she said.

> **"I don't want to fight a case for two years, and I am away from my home. I don't want to trouble my parents**
>
> –the victim

Every police station in the city is supposed to have a woman welfare officer under the Nirbhaya scheme. However, these officers are fresh graduates who are not trained properly, she added.

"They don't have any inclination towards gender justice and are not aware of many laws. These officers were appointed to be advocates between the police and the victim, making sure that the police don't ask unnecessary questions or harass the woman. But now, it's like there is a token welfare officer sitting there," opined Brinda.

Man held for threatening writers

A man was detained by the Central Crime Branch (CCB) police for reportedly threatening well-known Kannada writers. Shivaji Rao Jadhav, a Davangere resident and alleged member of a pro-Hindu organisation, has been named as the culprit. According to the CCB, Jadhav has admitted to sending threatening letters to authors in the state.

According to the police, the Forensic Science Laboratory (FSL) said that the same person wrote all of the letters. Even though the same individual wrote the letters, they were sent from post offices in several locations, making it harder to identify him.

Jadhav acknowledged during questioning that he had threatened writers for penning works that were critical of Hinduism. —BMB

CRIME FILES

City police uncover cyber fraud scheme

The Bengaluru police have uncovered a Rs 854 crore cyber fraud scheme and detained six suspects who are accused of defrauding thousands of victims across India under the guise of an investment scheme.

Five crore rupees had been frozen out of the entire money that was defrauded, said the police. The accused gang used Telegram and Whatsapp to trap the victims. According to a senior police officer, initially, the victims were asked to invest smaller sums ranging from Rs 1,000 to Rs 10,000 under the pretence that they would make Rs 1,000 to 5,000 per day in profit. —BMB

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Walking woes no more: Footpath facelift begins

Concerned citizens witness progress as footpath restoration gathers momentum at Sumanahalli Junction

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

A specific stretch at Sumanahalli Junction has long been a cause for concern, prompting the urgent attention of the authorities concerned

There seems to be some hope on the horizon for residents of Sumanahalli as footpath restoration work has finally commenced at Sumanahalli Junction. While most footpaths in the city are pedestrian-friendly, a specific stretch at Sumanahalli Junction has long been a cause for concern. Pedestrians and commuters have dreaded walking on this deteriorated stretch, prompting the urgent attention of the concerned authorities.

Hundreds of Bangalore Metropolitan Transport Corporation (BMTC) commuters, who alight from BMTC buses at Sumanahalli Junction, depend on this stretch to reach the bus stop to board buses proceeding towards Kamakshipalya, Rajajinagar, Kempegowda Bus Station and other areas from Sunkadakatte."I am afraid of walking on this stretch, which was a footpath some time ago. The road was asphalted before the State Assembly elections, but the authorities and elected representatives have forgotten about this stretch. It will be a great help for many BMTC commuters and pedestrians if the footpath is restored," said Jagadish N, a resident of Sumanahalli.

Most of the pedestrians prefer walking on the busy road to walking on this stretch, even though it is a risk to walk on the road. "It is equally risky to walk on this stretch. There is no guarantee of walking on this stretch without getting injured or getting trampled while walking on it," said Pavithra S, a pedestrian.

The authorities constructed a bridge on the stormwater drain long ago. The bridge is meant to connect the between Kamakshipalya and Sumanahalli Junction. There is a provision for a utility duct on both sides of the road on the bridge. The utility duct is expected to be covered with concrete slabs and serve as a footpath for the benefit of pedestrians. However, the authorities concerned failed to ensure the stretch was covered with concrete slabs.

> **"There is no guarantee of walking on this stretch without getting injured or getting trampled while walking on it**
> – Pavithra S, a pedestrian

"It is very dangerous to walk on this road as it is one of the busy roads. Pedestrians are compelled to walk on the utility duct that is open and dangerous. We have to wait till the traffic signal for vehicles coming from Sunkadakatte towards Kamakshipalya turns red at Sumanahalli Junction to walk on the road," said Subhash P, a high school student.

The pedestrians said the BBMP authorities developed footpaths on both sides of the road near Beggars Relief and Rehabilitation Center, and those footpaths are well maintained. They want the authorities to keep the open duct-cum-footpath on par with those footpaths.

"No one has the time to approach the concerned authorities as most pedestrians or BMTC commuters are busy with work or problems. It is the responsibility of the BBMP authorities and elected representatives to take measures to fix this problem. It will benefit pedestrians, especially senior citizens and children if the authorities restore the footpath," said Anil Kumar P, a pedestrian.

Meanwhile, Govindarajanagar MLA Priya Krishna has initiated efforts to rectify the footpath problem.

15% salary hike granted to NHM contractual employees

| Iffath Fathima
Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

The contractual employees had protested multiple times for an increase in their salary

For nearly four to five years, contractual health workers employed under the National Health Mission (NHM) have persistently called for a 15% hike in their remuneration. While the BJP government approved the demand in March of this year, it had yet to be implemented. The workers diligently pursued the matter with the new state government led by CM Siddaramaiah. After years of waiting, the order to boost remuneration has finally come into effect.

In its order, the state government agreed to a salary increase of 15% for the total number of eligible beneficiaries working on a sub-contract basis, with 17,055 in number. With a 15% hike, the total grant of Rs 5,796.21 lakh has been agreed to be issued. According to the guidelines, for NHM contractual medical officers with more than five years of service, a one-time increase of 15% remuneration is agreed upon. In the case of NHM contractual specialists with 3-5 years of service, a hike of 5% is agreed upon, followed by a 10% hike with 5-10 years of service and 15% for more than 10 years of service. For all the NHM in source or contractual staff with monthly basic numeration at the time of joining less than Rs 20,000, a one-time increase of 15% over existing remuneration is agreed upon.

Vishwaradhya H, National General Secretary of All India Health Department Contracting and Outsourcing Employees Association, said, "While it is definitely a victory for all of us as we had been struggling for years and following up with the state government, the order has finally come into effect. But though the 15% pay hike order is given, some conditions have been put, due to which thousands of employees are suffering. The government should also withdraw these conditions, and this 15% pay hike should unconditionally apply to all contract and outsourced employees. We have drawn the attention of the health minister through a letter to order the 15% wage hike to apply to all. This transfer from district to district should be allowed, and the employees should be provided insurance and increased gratuity." The contractual employees ad protested multiple times, asking for an increase in their salary hike.

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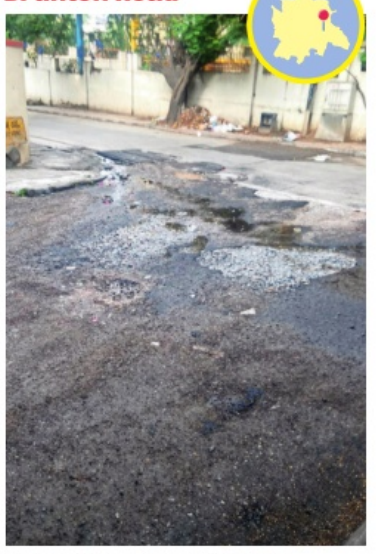
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Safety alert
Choodasandra

The sewage chamber poses a safety hazard near Amrita Engineering College, Choodasandra Road.

Essential repair
Brunton Road



Critical need for immediate repairs of Brunton Road cross.

Wire chaos
Jakkasandra

Chaotic wire situation near Agara Lake traffic signal at Jakkasandra.

Grains of promise: Millets steadily reclaim spotlight

Karnataka ranks fourth in millet production, paving way for healthy shift from rice

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

In a heartening development for those shifting from rice to millets, the production of millets is experiencing a gradual and promising upsurge, with Karnataka emerging as the country's fourth-largest millet producer. According to the latest NABARD report, millet cultivation is prominently concentrated in Rajasthan (35.5%), Maharashtra (20%), Karnataka (13.3%), and Uttar Pradesh (8.8%).

Millets, cultivated since around 8000 BCE, are among the most ancient foods known to humanity. Traditionally serving as a primary source of income, dietary energy, and protein, millets hold significance for people residing in arid and semi-arid tropics worldwide.

Major millet varieties include sorghum (jowar), pearl millet (bajra), and finger millet (ragi/mandua), while minor millets encompass foxtail millet (kangani/kakun), proso millet (cheena), kodo millet (kodo), barnyard millet (sawa/sanwa/jhangora), little millet (kutki), and two pseudo millets—buckwheat (kuttu) and amaranthus (chaulai).

Despite their nutritional richness, low water and input requirements, and climate resilience, the area under millet cultivation in India has significantly decreased since the 1980s, making way for wheat and rice in response to market demand.

The NABARAD report said, "India holds the position of being the world's largest millet producer, contributing 44% of the global share, followed by China (~9%) and Niger (~7%). Millets are primarily a kharif crop in India, predominantly cultivated in rainfed conditions, requiring less water and agricultural inputs than other staple crops. While the area under millet production has decreased by one-third between AY1951 and AY2022, marginal growth in production (CAGR 0.2%) has been observed, primarily driven by yield improvements (CAGR 1.7%) resulting from better farming practices.

However, Indian farmers have been progressively reducing the land under millet cultivation. This trend is influenced by several factors, including the relatively low-profit margins, guaranteed minimum support price (MSP) for wheat and rice, short shelf life leading to spoilage concerns, and reduced per capita consumption due to urbanisation and public distribution of wheat and rice."

> **"The Raichur conclave had suggested offering robust marketing support through extensive awareness campaigns, trade fairs, branding initiatives, and positioning Indian millets as wholesome health foods**

Furthermore, the report brings to light the significant 'Raichur Declaration'. This conclave took place in Raichur earlier, organised by NABARD in collaboration with the University of Agricultural Sciences (UAS), Raichur. The deliberations centered on the pivotal role of millets in ensuring farmers' income security, climate resilience, and nutritional security.

The conclave culminated in the issuance of the 'Raichur Declaration,' outlining a series of commitments like enhancing production and productivity to bolster farmers' income security propagating the establishment of low-cost, decentralised processing machinery close to consumption hubs. The conclave also stressed introducing millets into pan-India nutritional programs to fortify nutritional security, involving active participation from state governments.

"The Raichur conclave had suggested offering robust marketing support through extensive awareness campaigns, trade fairs, branding initiatives, and positioning Indian millets as wholesome health foods. Initiating a 'Millet Challenge' through the Atal Innovation Mission, aimed at addressing value chain challenges and providing substantial assistance of ₹25 crore from the Rural Infrastructure Development Fund to UAS, Raichur, in support of millet promotion research. In line with these efforts, UAS, Raichur, has presented a proposal titled 'Establishment of Millet Value Chain Park' to the state government", the report added.

Challaghatta-Kengeri Metro line: Nod likely next week

The team from the Commissioner of Metro Rail Safety (CMRS) conducted a statutory inspection of the Kengeri-Challaghatta section on September 29 between 9.30 am and 5.45 pm.

However, the CMRS approval for passenger operations on the particular stretch is expected in the upcoming week, pointing to further delay in the inauguration of the stretch between KR Pura and Baiyappanahalli. Commuters of Metro have been urging the Bangalore Metro Rail Corporation Limited (BMRCL) to commence the operations between the 2.1km KR Pura-Baiyappanhalli section of the Purple line as it would be of convenience to passengers who wish to travel beyond Baiyappanahalli. At present, those who want to travel towards Whitefield are required to take the feeder bus services provided by the Bangalore Metropolitan Transport Corporation (BMTC) between Baiyappanahalli and K R Pura, with the journey connecting the two metro stations spanning close to 30 minutes. Metro officials have said that the passenger operations will likely begin only after both the stretches are inaugurated simultaneously. Metro commuters say that since the Prime Minister has already inaugurated the Whitefield line earlier this year, the BMRCL must prioritise passenger operations as it will ease commutes for thousands.

Last stop of Mysore Road to Kengeri was closed to public for safety testing (File photo)

CONSUMER CONNECT INITIATIVE

'Don't suffer in silence with Prostate issues'

Benign Prostatic Hyperplasia (BPH) is a common, non-cancerous condition characterized by the age-related enlargement of the prostate gland, which can lead to obstructed urine flow and troublesome symptoms.

Dr Basavaraj Neelgar, Consultant-Urology, Andrology, Kidney Transplant and Robotic Surgery at Fortis Hospitals, Bannerghatta road said, "Fortunately, advancements in medical treatments and surgical techniques have made managing BPH easily accessible for countless patients throughout the country. Prostate problems encompass various issues, with BPH being the most prevalent, alongside prostatitis and prostate cancer. An astounding 60% of Indian men aged 40 and above experience moderate to severe symptoms of BPH, making it a significant concern for public health."

He said, "The cardinal symptoms of BPH include increased frequency of urination during the day, nighttime awakenings to urinate (nocturia), difficulty in initiating and maintaining urine flow, and the persistent sensation of an inadequately emptied bladder. While these symptoms may begin mildly, they tend to worsen over time and can become extremely disruptive to daily life. Severe nocturia, in particular, disrupts sleep patterns and negatively impacts physical and mental well-being. Additionally, the inability to postpone or control the urge to urinate, along with urinary leakage before reaching a restroom, further diminishes one's quality of life."

He warned, "Individuals often resort to self-remedies, such as limiting fluid intake or preemptively urinating before long outings or bedtime. These coping mechanisms can significantly compromise one's overall quality of life. Moreover, BPH can lead to complications such as urinary retention, urinary tract infections, and even kidney damage in some cases, further reducing patients' well-being and productivity."

"Fortunately, early diagnosis and timely intervention play pivotal roles in reducing the overall burden of BPH-related issues, including both the frequency and severity of symptoms and potential complications. Seeking medical attention and exploring the available treatment options can significantly improve one's quality of life and overall health. Don't let prostate issues disrupt your life and well-being. Take action today by consulting a healthcare professional who can guide you through the available treatments and help you regain control over your urinary health", he added.

Dr Basavaraj Neelgar

For more information, please contact
Dr Basavaraj Neelgar
MS, DNB (Urology)
Consultant-Urology, Andrology
Kidney Transplant & Robotic Surgery
Fortis Hospitals
154/9, Bannerghatta Road, Opp IIM-B
Benglauru-560076
Tel-080-66214444
Mobile-8867288813/ 9598869964
email id-rajkbdr@gmail.com
www.fortisbangalore.com

This must be civic hell

Residents of HSR Layout appeal for action on encroached footpaths, garbage pile-up

Iffath Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

Residents of HSR Layout are voicing their distress over a series of critical civic issues that significantly impact their daily lives. They are urgently appealing to local authorities for prompt action and viable solutions to address various challenges, including encroached footpaths and growing piles of garbage within their community.

At the forefront of their immediate concerns in the 1st Sector of HSR Layout is the prevalent encroachment of footpaths along the 24th Main Road. Residents highlight that numerous shops have encroached upon these walkways, compelling pedestrians to navigate waterlogged streets, especially during the monsoon. This encroachment jeopardises pedestrian safety and exacerbates traffic congestion, presenting a pressing issue.

Accumulation of garbage near Ganesh Temple Park on HSR Layout 25th Main Road has been a longstanding problem that is also a threat to stray cattle

This apart, garbage has accumulated near Ganesh Temple Park on HSR layout 25th Main Road, which has become a longstanding problem. Residents complained of the stench of uncollected waste for nearly 3 to 4 months, raising serious concerns about public health and sanitation, especially during the rainy season.

Madhujayan, a resident of HSR Layout, voiced his frustration, saying, "I have informed the BBMP cleaners several times about the garbage pile near Ganesh Park. Their response has consistently been promises to collect it 'today' or 'tomorrow,' but they never follow through. BBMP should prioritise regular garbage collection and disposal in the city. Daily, this park is frequented by people of all ages, from children to senior citizens. The ongoing neglect not only diminishes the area's visual appeal but also poses serious concerns regarding public health."

There has also been the issue of dry leaves and solid waste piling up on 24th Main Road. Besides presenting an unsightly view, the accumulation of dry leaves also poses a fire hazard, particularly during dry seasons. Furthermore, an empty site on the 9th cross of 24th Main Road has tragically transformed into a dumping ground for garbage.

Lalithamba BV, a Governing Council Member of Bengaluru NavaNirmana Party (BNP), concluded, "It is high time that BBMP should make an effort for more proactive and consistent action to resolve the civic concerns. Timely resolution of these issues will improve the area's overall living conditions and enhance the quality of life for everyone residing in HSR Layout."

Poongothai Paramasivam, a Core working group member, BNP said, "Amid rapid infrastructural development in the city, it has become evident that the provision of well-maintained, safe footpaths is not just a luxury but a fundamental necessity for the safety of its residents. Bengaluru is rapidly growing, and the need for safe and pedestrian-friendly footpaths has become increasingly important. Local authorities should enforce regulations and clear the encroachments to ensure safe and convenient pedestrian passage."

> **"I have informed BBMP cleaners several times about the garbage near Ganesh Park. Their response has been promises that are not followed through**
>
> — Madhujayan, HSR Layout resident

ROTARY FLYOVER, INDEED

CONTINUED FROM PAGE 1

Sir MV Terminal have proved to be chokepoints and cannot withstand the traffic load. Previously, BBMP had said that the proposal would need approval from South Western Railways as well as BBMP.

In January this year, the south western railways and K-RIDE had submitted No-Objection Certificates to the UDD.

The proposal to construct an elevated rotary flyover was to ensure connectivity to all four important locations: Maruti Seva Nagar on the western side, Banaswadi in the east, Kammanahalli in the north, and Baiyappanahalli in the south. The project will be undertaken by demolishing the rail overbridge at the IOC junction.

Previously, the BBMP had also said that there are plans to construct a unidirectional flyover from an elevated rotary along the railway terminal to facilitate direct connectivity to Old Madras Road from Maruti Seva Nagar. Another two-laned RoB in addition to the bi-directional one that is currently under construction was also proposed. There were also plans to construct a pedestrian underpass from Baiyappanahalli railway terminal towards Kammanahalli under the railway line.

Cauvery water: Review plea filed

Chief Minister Siddaramaiah on Saturday said a review petition has been filed before the Cauvery Water Management Board regarding the Cauvery water release order. The state government said in its review petition that it cannot release water, the Chief Minister's office said in a statement. Also, the government sought permission to build a balancing reservoir across Cauvery river at Mekedatu near Kanakapura in Ramanagara Taluk.

After reviewing the situation, a similar petition will be filed before the Supreme Court, he added.

Speaking to the reporters here, Siddaramaiah said he had convened a meeting with retired judges of the Supreme Court and the Advocate General and took suggestions. Accordingly action will be taken. **PTI**

Bengaluru gears up for multimodal metro stations

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com
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The Directorate of Urban Land Transport (DULT), as a part of the Station Accessibility Plan, has identified eight metro stations on the Whitefield line for improvement in accessibility to various modes of transportation like cycling and walking. A report has also been submitted to the Bangalore Metro Rail Corporation Limited (BMRCL).

Samantha Kuchangi, Technical Head at DULT, informed about the project while speaking at a panel discussion titled 'Bengaluru: Ready for a Transformational Mobility Shift?' held by B.PAC (Bangalore Political Action Committee). He noted that plans have been made to implement cycle lanes near metro stations while also working on multimodal integration based on the Transit-Oriented Development (TOD) policy. 30 stations under Phase 2B (running from Outer Ring Road (ORR) to the Kempegowda International Airport) and Phase 2 have been selected for multimodal solutions under the Asian Development Bank's technical assistance. He also noted that the recently introduced feeder bus services to the HSR layout have garnered a positive response from residents, with other localities such as Malleshwaram, Whitefield and Bellandur, among others, demanding similar services for first and last-mile connectivity. Bus lane to be back only after metro construction is completed.

In the same panel discussion, BS Prahlad, Chief Engineer of Road Infrastructure at Bruhat Bengaluru Mahanagara Palike (BBMP) has said that the BMRCL is committed to re-installing the bollards on the Outer Ring Road (ORR), which restricted the bus lane.

"Once the Metro work is completed on the stretch and the barricades put in place are removed, the BMRCL will be restoring the priority bus lane," he said. The bus lane from Central Silk Board to K R Pura, spanning 17 km, was discontinued due to space constraints after construction of the Blue Line of the metro began. While the metro project is expected to be completed in 2025-26, metro barricades along the stretch will likely be removed from 2023-24.

Kuchangi also highlighted the need for bus lanes and said that despite an increase in the number of buses within the fleet, there will be little difference regarding travel by bus as they will still be stuck amidst traffic congestion, defeating the purpose. He suggested that arterial roads with more than three lanes must have a priority bus lane.

Time's up... or is it?

BM takes a look at working of local complaints committees that should address sexual harassment at workplaces — most fall short of their task

| Rachana Ramesh
c-rachana.ramesh@timesgroup.com
TWEETS @BangaloreMIRROR

Victims who seek redressal from sexual harassment at Local Complaints Committees (LCCs) constituted to address the issue say that they would rather resolve the matter through the police department due to the inadequacy of the LCCs that defeats its very purpose.

A woman, who worked at an advertising agency in the city, narrated the ordeal she had to go through while seeking redress from the LCC in the city. Soumya* told Bangalore Mirror that the CEO of the company began to harass her soon after she joined the job. While the accused first apologised and requested the victim to not take up the matter officially, after persistent behaviour, Soumya resorted to the Internal Complaints Committee (ICC) of the company. Despite seeking assistance, the issue was left unresolved, forcing Soumya to resign from the job. "I had to seek redress from outside the company's environment as everybody from within aided the accused. However, the LCC has not been of much help either as they often victim-blame and place the burden of proof on the victim itself," she said.

She added that verbal testimonials given by her were not taken into consideration due to lack of evidence whereas the accused was not made to prove his stand. Soumya also noted that she had to seek assistance from the police department, who seemed to take more interest in the case than the LCC did.

The Act

Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act) mandates every employer who has 10 or more employees to set up an internal complaints committee (ICC) to specifically redress complaints raised regarding harassment at the workplace. On the other hand, the Act also mandates the constitution of a LCC at a district level extending its scope of redressing complaints to women from the unorganised sector. Lapses in both these courses of redress have been consistently called out.

Out of the ambit

Gig workers and domestic helps, among other workers, who undertake unconventional jobs that do not have a traditional employer-employee relationship must resort to LCCs for redress in case of sexual harassment. Geeta Menon, Joint Secretary of the Domestic Workers Rights Union has consistently noted that the LCCs are inadequately equipped to provide sufficient redress. "First of all, sexual harassment as an issue is very difficult to get redressal for. When it happens, it happens within four walls and there is nobody to complain, nobody who will believe (the survivor)," she had previously told Bangalore Mirror.

Aggregator companies usually absolve themselves of any responsibility with regard to sexual harassment; many workers too choose to not make complaints public and guise it under other misbehaviour due to stigma

She noted that there is no public data available regarding the number of LCCs, their whereabouts or functioning. She also said that an issue that often arises with regard to domestic workers is the LCC staff often being uncertain of whether the domestic worker is self-employed or is under employment by an aggregator company. This is because if the domestic worker is employed by a company with more than 10 workers, they must seek redress from the ICC formed by the company. "They use the lack of paperwork as a loophole and do away with many cases for not being able to ascertain whether the worker is employed by an agency," she said, adding that there are lots of gaps, grey areas and indifferent attitudes. Menon recommended the LCC be tied up with local departments (police or even ward committees) while also branching out through mobile vans, and pointed to the need for a helpline. For starters, information regarding the LCC and the various procedures involved must be made known to citizens by being widely publicised, she said.

Stigma attached

Rikta Krishnaswamy, Coordinator at All India Gig Workers Union (AIGWU) noted that aggregator companies absolve themselves of any responsibility with regard to sexual harassment. She also pointed out that even if cases of harassment occur, most workers will choose not to make it public and hide it under the guise of other misbehaviours due to stigma. She further said that when protests broke out in October 2021 by women working as beauticians and spa attendants under a popular aggregator of services, an immediate demand that arose was for a safety helpline that can be contacted if a case of harassment props up among many others to ensure their safety. While the aggregator service promised to implement measures to ensure safety, they have only remained on paper, she said.

Avani Chokshi, a lawyer and member of All India Central Council of Trade Unions (AICCTU) noted that these platform companies, who deem their workers as independent contractors, are merely making use of the loopwhole within law. "But my understanding is that it is a mandate of law for ICCs to be constituted even by these so-called platform work agencies," she said.

Paper tiger

The situation is no better for victims at companies who have constituted ICCs too. Garment industry where a majority of the workforce constitute women has ICCs. However, they are present only on paper. Pratibha R, President, Garment and Textile Workers' Union (GATWU), noted that despite the Act making it a duty for the employer to organise regular workshops and awareness programs to educate employees regarding the act, while also mandating orientation and other programs for ICC members, they are not conducted. Along with this, in order to keep check of undue pressure from senior authorities, the committee must include a third party such as an NGO worker with five years of experience and familiarity with the hurdles that come with sexual harassment cases. Pratibha pointed out that these third party members are selected according to the whims and fancies of the management, and often aid the accused instead of the victim.

Activists have pointed out that one of the concerns is that the Act does not adequately address accountability – as it does not mention which body is responsible to ensure that the specifications of the Act are followed and who is to be held accountable if they are not. However, the Act says that if the employer fails to constitute an ICC or fails to follow any other provisions, they must pay a fine of up to Rs 50,000, increasing with repeated offences.

*(*name changed)*

"Third party members (of committees) are selected according to the whims and fancies of the management, and often aid the accused instead of the victim

–Pratibha R, President, Garment and Textile Workers' Union

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

NATURE'S PAINT STROKES

A painted stork in search of food in water at Ranganathittu in Karnataka

The picture was clicked by BM reader **Sridhara Banavara**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Where the road disappears

Janani Enclave Nivisigala Kshemabivruddi residents urge CM to address issue of broken roads and no drainage in area

Sridhar Vivan
sridhar.vivan@timesgroup.com
TWEETS @sridharvMirror

The residents of Janani Enclave Nivisigala Kshemabivruddi have been alleging that there is no road and no drainage in their area. The layout is just 100 metre from Andrahalli Main Road, yet there are no basic facilities.

Krishna R, Association President, told BM that they have been grappling with the absence of proper roads and drainage facilities in their locality. "Despite being so close to the main road, we lack these basic necessities. Our plan now is to compile all these grievances along with supporting photographs and past correspondence, which we intend to submit to our Chief Minister, Siddaramaiah. We request that he release the necessary funds and instruct the authorities to rectify these issues, as our area falls under the Yeshwanthpur Constituency," he said.

Residents added that apart from the road and drainage woes, they are also facing severe problems related to CMC water supply and the absence of proper rainwater drainage.

Srinivas, a resident, said, "This has led to waterlogging, creating breeding grounds for mosquitoes. We are witnessing a worrying increase in dengue cases due to these unsanitary conditions." Hemanth, another resident, said, "The drainage problem has been causing frequent blockages in our area, which is a major concern. Additionally, the lack of proper road infrastructure is particularly troublesome during the rainy season, when the roads become slippery and dangerous to navigate.

Residents say that the locality suffers from inadequate road infrastructure

> **"Despite being so close to the main road, we lack these basic necessities**
> – Krishna R

Many explained that they face problems when driving on this stretch during rain. A Ramanna, said, "Our locality suffers from inadequate road infrastructure, which becomes especially treacherous during rainfall, making driving perilous." Senthil Kumar and Nagendra NS, another resident, added, "During the monsoons, the roads in our area become slippery and hazardous for commuters, posing a significant safety risk. Moreover, the condition of the roads is deplorable, especially during the rainy season."

Residents were compelled to make temporary arrangements to cover sewage openings in the area. Devaraj, another resident, mentioned, "The old cement sewage systems have deteriorated, leading to occasional breaks in the underground infrastructure. We have made temporary arrangements by placing stones to cover these openings. The manholes are also filled with sand, resulting in overflow issues during the rainy season. These concerns require immediate attention and resolution."

DID YOU KNOW?

Bommasandra is one of the most well-known areas in north-western Bengaluru. It is considered to be an industrial area, which is quite a mix of residential and commercial set-ups and is part of Bengaluru Urban District. It is well connected to Hosur Road and Electronic City. According to a census, it has an average literacy rate of 72 per cent, which is considered higher than the national average rate. It also has an upcoming metro station on the yellow line of the Namma Metro.

GET HEARD WITH MIRROR

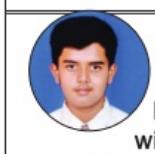
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

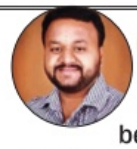
TAPTHECHATTER

where Bengalureans speak their mind

Which is your favourite place to hang out with friends in Bengaluru?



Shrujan J, BM Reader
Simpli Namdhari's in Jayanagar 1st Block is the best place to hang out with friends, as it has grocery shopping for all the varieties of home needs, along with an open-kitchen restaurant.



Chetan Kumar, BM Reader
Lalbagh is not only famous for its beautiful greenery but also for being the best place to hang out with family and friends. Lalbagh attracts a lot of college students since it is located in a prime location.

Mokshith Karkera, BM Reader
Little Italy in Indiranagar is one of the best places to enjoy dinner and have fun with friends. Ambience soothes the mind and acts as a stress buster for people, and the dining area creates a warm and cosy atmosphere.

BS Prakash, BM Reader
Wonderla amusement park is the high-tech hub of Bengaluru. Many people visit there because of the wide variety of rides. The musical fountain and rain dance attract a lot of children and youth.

Nagarathna, BM Reader
Indian Coffee House on MG Road is one of the oldest coffee houses in Bengaluru, where people can sit back and hang out with their friends. This coffee house serves coffee with a unique taste that people are in love with.

CS Ramachandra, BM Reader
MTR restaurant has huge fan followings all over the world for its taste, ambience, and hangout space. Early in the morning, youngsters and senior citizens, after finishing their walk in Lalbagh, come to MTR for breakfast.

SPEAK TO US

How has Bengaluru changed over the years, and what changes have you observed in your neighbourhood?
If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

AFTER BEING IN CCI'S CROSSHAIRS, GOOGLE IN DATA PROTECTION BILL'S SHADOW

LAW OF THE E-LAND

Facing anti-competition lawsuits globally, Google has seen a fiercely-fought battle with the Indian regulators, especially with the Competition Commission of India. Will the new Digital Personal Data Protection Bill (DPDP), the nation's first-ever legislation aimed at safeguarding users' personal data from Big Tech, make its life tougher?

In the first case of a Big Tech giant paying a heavy penalty to the Indian regulators, Google in August paid the entire penalty of Rs 1,337.76 crore imposed by the Competition Commission of India (CCI) in the Android case. The penalty amount was deposited in the Consolidated Fund of India, within the 30-day deadline given by the National Company Law Appellate Tribunal (NCLAT) in its order.

The Indian market regulator had imposed the penalty on Google in October 2022 for allegedly exploiting its dominant position in the Android market.

The CCI has also imposed a penalty of Rs 936.44 crore on Google in a separate case for abusing its dominant position with respect to its Play Store policies.

Earlier this week, the NCLAT sought responses from Google and the CCI in a plea by Google challenging the penalty of Rs 936.44 crore. The CCI had penalised Google for alleged abuse of its dominant position in the app store market ecosystem. The NCLAT has now deferred the hearing to November 28.

Earlier this year, in January, the NCLAT had already denied interim relief to Google in this case and rejected its challenge against the penalty. Subsequently, Google took the matter to the Supreme Court but withdrew the appeal in April.

"It is important to note that Google has made the payment after using all possible avenues, including reaching out to the Supreme Court and the NCLAT. The paramount concern is if Google is complying with the CCI rulings in letter and spirit

Dr Ritesh Malik, Director, Alliance for Digital India Foundation (ADIF), said that Big Tech firms started taking the fines/penalties as 'cost of doing business' and preferred to pay the same rather than making the ecosystem more fair and non-discriminative.

"It is important to note that Google made the payment after spending all avenues, including reaching out to the Supreme Court and the NCLAT. The paramount concern is whether Google is complying with the CCI rulings in letter and spirit," Malik said.

With the DPDP Bill, 2023, becoming a reality, experts say that forthcoming rules under the new law will empower Indian users about how Big Tech companies like Google, Meta or X can or cannot use their data.

Respect users' data

"The Act aims to concretise the efforts that Big Tech, and data fiduciaries in general, must now undertake towards respecting the users' privacy rights and control over their personal data. This will now entail transparently informing the users about the specific purposes of data processing, while also obtaining clear and precise user consent that may be later withdrawn," according to Harsh Walia, Partner at Khaitan & Co.

The users may also request erasure of their data. Moreover, the principle of data minimisation will require collection of only that personal data which is necessary for the specified purpose.

According to experts, the success of the data protection law will be determined by when and how new rules are made and how effectively they are implemented. "It is also necessary to understand what will be the status of the old IT rules till the new rules are made. Also, we need to see how effective will be the practical mechanism for redressal of common people's grievances as per India's new law on foreign tech companies," Virag Gupta, Supreme Court lawyer and cyber law expert, said.

Big penalty

The Bill has provisions for hefty penalties ranging from a minimum fine of Rs 50 crore to a maximum of Rs 250 crore for violating rules.

The DPDP Bill is certainly a legislation that will create a deep lasting behavioural change and create high penalty punitive consequences for any or all platforms that misuse or exploit the personal data of any Indian citizen, according to Minister of State for Electronics and IT, Rajeev Chandrasekhar.

"For many years, it has been known that many platforms, companies or data fiduciaries have been collecting personal data of individual citizens, not just in India but all around the world and have been exploiting that personal data for their own business models, algorithms, and many other ways," he said in a video message recently.

This is a legislation that will create a deep lasting behavioural change and create punitive consequences, he had stressed. **—IANS**

AI content has a gender bias problem too

New research has revealed an inherent gender bias in the content - text, images, other media - generated by artificial intelligence (AI).

Analysing AI-generated content about what made a 'good' and 'bad' leader, men were consistently depicted as strong, courageous, and competent, while women were often portrayed as emotional and ineffective, researchers at the University of Tasmania, Australia, and Massey University, New Zealand, found.

Thus, AI-generated content can preserve and perpetuate harmful gender biases, they said in their study published in the journal Organizational Dynamics.

"Any mention of women leaders was completely omitted in the initial data generated about leadership, with the AI tool providing zero examples of women leaders until it was specifically asked to generate content about women in leadership. "Concerningly, when it did provide examples of women leaders, they were proportionally far more likely than male leaders to be offered as examples of bad leaders, falsely suggesting that women are more likely than men to be bad leaders," said Toby Newstead, the study's corresponding author.

Generative AI learns the patterns in input data, using which the AI is trained, and then creates content bearing similar characteristics. AI depends on machine learning concepts for content creation. For training these generative AI technologies, vast amounts of data from the internet along with human intervention to reduce harmful or biases are processed.

Therefore, AI-generated content needs to be monitored to ensure it does not propagate harmful biases, said study author Bronwyn Eager, adding that the findings highlighted the need for further oversight and investigation into AI tools as they become part of daily life.

"Biases in AI models have far-reaching implications beyond just shaping the future of leadership. With the rapid adoption of AI across all sectors, we must ensure that potentially harmful biases relating to gender, race, ethnicity, age, disability, and sexuality aren't preserved," she said.

"We hope that our research will contribute to a broader conversation about the responsible use of AI in the workplace," said Eager. **PTI**

BITS & BYTES

MALWARE ALERT

Cybersecurity researchers have discovered that malicious advertisements or harmful ads are now being distributed via Microsoft's AI-powered Bing Chat responses, promoting fake download sites that spread malware, a new report has said.

According to the cybersecurity company Malwarebytes, malicious ads appear to contain download links for the 'Advanced IP Scanner' utility, which has been exploited by ransomware operators earlier.

"Ads can be inserted into a Bing Chat conversation in various way," said Jerome Segura, Malwarebytes. **IANS**

GREEN IS THE NEW BLUE

Meta-owned WhatsApp is reportedly planning to replace the green verification badge with a blue checkmark for verified channels on Android. According to WABetaInfo, the change will also apply to verified businesses.

This is not surprising, especially given Meta Founder and CEO Mark Zuckerberg's recent announcement about the ability for businesses on WhatsApp to subscribe to Meta Verified in the future, which would provide them with a verification badge as well as several benefits such as impersonation protection and dedicated tech support.

Moreover, the report mentioned that Meta wants to standardise the colour of the verification across all of its apps. **IANS**

APPLE CHIP & DIP

Apple's 3nm chipsets, which are just beginning to hit the market, with the Apple A17 Pro being the first, are expected to see a decline in demand in 2024.

According to Apple analyst Ming-Chi Kuo, demand for this emerging technology may be weak next year, prompting major players to take a step back. Apple is expected to reduce orders for 3nm chips next year, forcing the Netherlands-based semiconductor company ASML to reduce EUV equipment shipment by 20 to 30 per cent. "The sharp decline is attributed to the end of work-from-home (WFH) demand and diminishing appeal for the specifications (Apple Silicon and Mini-LED). **IANS**

HEALTH TIP: Regular intake of fresh juices from these citrus fruits increases the production of enzymes that help remove toxins

Most fatty fish, including salmon, sardines, and tuna include omega-3 fatty acids that can help reduce liver fat and inflammation

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All you need to know about...

50 steps to health

Walk on
Forget walking 10,000 or 7,000 steps a day. Taking at least 50 steps climbing stairs daily could significantly slash your risk of heart disease, according to a new study.

Cardio benefits
The study from Tulane University in Louisiana in the US, published in the journal Atherosclerosis, found that climbing more than five flights of stairs daily could reduce risk of cardiovascular disease by 20 per cent.

Leading cause of death
Atherosclerotic cardiovascular disease (ASCVD) along with coronary artery disease and stroke are the leading causes of morbidity and mortality worldwide.

In short bursts
"Short bursts of high-intensity stair climbing are a time-efficient way to improve cardiorespiratory fitness and lipid profile, especially among those unable to achieve the current physical activity recommendations," said Dr Lu Qi, professor at the Tulane University's School of Public Health and Tropical Medicine.

Study
Using UK Biobank data collected from 450,000 adults, the study calculated participants' susceptibility to cardiovascular disease based on family history, established risk factors and genetic risk factors and surveyed participants about their lifestyle habits and frequency of stair climbing.

Take the stairs
It found that climbing more stairs daily especially reduced risk of cardiovascular disease in those who were less susceptible.
However, Qi said the increased risk of heart disease in more susceptible people could be "effectively offset" by daily stair climbing.
"This study provides novel evidence for the protective effects of stair climbing on the risk of ASCVD, particularly for individuals with multiple ASCVD risk factors," Qi said. —IANS

Say tasty in Korean

Try these vegan recipes for a real oriental meal

Korean Chuseok is one of the main harvest festivals of South and North Korea which was being celebrated from September 28-30 this year. Alternatively known as Korean Thanksgiving, Chuseok is traditionally observed on the 15th day of the 8th month of the lunar calendar on the full moon.

These recipes are sourced from The Korean Vegan Cookbook on Audible for you to give a try.

MISO SPINACH

INGREDIENTS
- 6 cups of raw spinach
- 1 tbsp doenjang (fermented soybean and brine paste)
- 1 tsp salt
- 1 tsp pepper
- 1 tsp sesame oil
- 1 tbsp sesame seeds
- 2 scallions (spring onions)

METHOD
- Add spinach to a large pot of boiling water. Cook for approximately 1 minute before removing it and placing it in an ice bath (to discontinue cooking).
- Drain the excess water by placing one handful of spinach at a time into either a cheesecloth/ kitchen towel/paper towel and squeezing it between your hands
- Place the 6 cups of raw spinach into a large bowl and add the remaining ingredients- 1 tbsp doenjang (fermented soybean and brine paste), 1 tsp salt, 1 tsp pepper, 1 tsp sesame oil, 1 tbsp sesame seeds, and 2 scallions (spring onions) to it.
- Mix well with a large spoon or by hand Your Miso Spinach is ready to serve

GOCHUJANG ROASTED SWEET POTATOES

INGREDIENTS
- 4 sweet potatoes
- 2 tbsp gochujang (Korean chili paste)
- 4 tbsp olive oil
- 1 tbsp maple syrup
- 1 tbsp rice wine vinegar
- 1/2 tbsp coarse sea salt
- 2 tsp roasted sesame seeds

METHOD
- Preheat oven to 475 degrees Fahrenheit Chop the 4 sweet potatoes into bite-sized portions and place them in a large bowl
- Add the other ingredients including the 2 tbsp gochujang (Korean chili paste),4 tbsp olive oil, 1 tbsp maple syrup, 1 tbsp rice wine vinegar, and ½ tbsp coarse sea salt to it
- Remember to not add the sesame seeds
- Place the lid of a pot (large enough to cover the entire bowl) and shake vigorously to ensure sweet potatoes are evenly coated
- Place the potatoes in one layer on a baking sheet sprayed generously with cooking oil (use two trays if necessary)
- Place on the low rack of the oven and cook for 15-17 minutes Flip the potatoes and place them back in the oven to cook for an additional 5-7 minutes, until evenly browned
- Sprinkle 2 tsp of sesame seeds before serving.

GUNGJUNG TTEOKBOKKI

INGREDIENTS
- 1 package of tteokbokki (fresh or frozen / simmered rice cakes)
- 1 tbsp sesame oil 1 tsp black pepper
- 1 tbsp extra virgin olive oil
- 1/2 Zucchini chopped
- 3-4 sliced shiitake mushrooms
- 1/8thgreen bell pepper julienned (cut into long thin strips)
- 1/4th red bell pepper julienned (cut into long thin strips)
- 1/4th red onion julienned (cut into long thin strips)
- 2 cloves garlic minced
- 1 tsp salt
- 2 tbsp soy sauce
- 1 tbsp maple syrup
- 1 cup of vegetable broth (or water)
- 1 tbsp roasted sesame seeds

METHOD
- Place the tteokbokki in a large bowl and add sesame oil and black pepper. Set aside for 30 minutes
- In a large pan, add extra virgin olive oil over medium heat Add all vegetables and saute until they soften Add 1 tsp of salt and continue cooking for 1 minute After this add the package of tteokbokki, as well as soy sauce and maple syrup until the vegetable and rice cakes are coated with sauce
- Deglaze the pan with broth or water and bring to a boil Then reduce the heat to simmer and cook until the liquid thickens for 2-3 minutes
- Garnish with sesame seeds before serving

Recipes from IANS

Coloured Mane? All You Need To Know About Maintaining It

Coloured hair can be a vibrant expression of personal style, but it also requires careful maintenance, to keep it looking its best. Whether you're a first-time colour enthusiast or a seasoned pro, here are some essential do's and don'ts to ensure your coloured locks stay fabulous, says Sonali Bhimani. Creative Director, JCB Salons Pvt Ltd. Here's what she recommends

Whether you're a first-time colour enthusiast or a seasoned pro, here are some do's and don'ts to ensure your locks stay fabulous

Do's:

Choose Professional Products: Invest in shampoos and conditioners designed for colour-treated hair. These products are formulated to be gentle on your hair while preserving the vibrancy of your colour.

Use Cold Water: When washing your hair, opt for cooler water. Hot water can strip away colour and natural oils from your hair, causing premature fading.

Protection from the Sun: UV rays can cause the colour to fade. Use UV-protective hair products, wear hats, or simply avoid prolonged sun exposure to maintain your colour's brilliance.

Deep Conditioning: Regular deep conditioning treatments can keep your coloured hair hydrated and healthy. Coloured hair tends to be more porous, so moisture retention is crucial.

Touch-Up and Refresh: Schedule regular touch-up appointments with your colourist to maintain the vibrancy of your chosen hue. Refreshing the colour can prevent it from looking dull or uneven.

Don'ts:

Over-Wash: Washing your hair too frequently can strip away colour and natural oils. Aim for washing every other day or less, using dry shampoo between washes.

Avoid Harsh Ingredients: Products containing sulfates and alcohol can be harsh on coloured hair, causing fading and dryness. Check labels and opt for gentler formulations.

Don't Skip Heat Protection: Heat styling tools can cause damage to coloured hair. Always use a heat protectant spray before using curling irons, straighteners, or blow dryers.

Limit Chlorine Exposure: Chlorine in pools can cause colour fading and discolouration. Wet your hair and apply a leave-in conditioner before swimming to create a protective barrier. Coloured hair demands a bit of extra care and attention, but the results are undoubtedly worth it.

By following these do's and don'ts, you'll keep your coloured locks looking stunning and vibrant for longer periods, whether you're rocking a bold new shade or enhancing your natural tones.

—Karen Alfonso for Femina

Hair Colouring

Q. Is it safe to colour my hair?
A. Yes, it is safe to colour your hair. You can use ammonia-free hair colour to minimize damage. Don't compromise on the quality of the hair colour.

Q. How can I maintain my hair?
A. You can maintain coloured hair by using hair care products that are specially crafted for coloured hair. Also, reduce heat exposure and keep applying a nourishing serum.

Q. How soon can I fix my colour?
A. Depending on the hair colour style you choose, your gap can be anywhere between 3 weeks - 6 months. In any case, you must not colour your hair before waiting for 20 days (minimum) after your previous session.

How to make your hair colour last longer

Here are some pointers that will help in the upkeep of coloured hair.

Clear build-up

Strip your hair and scalp of all accumulated products so that the colour can adhere better to your hair. Stop using styling products at least a week before you decide to colour your hair. Use an organic and mild shampoo to clear your scalp and hair of accumulated products.

Avoid washing hair frequently

While the idea of having squeaky clean hair every day is appealing, shampoo strips the colour off your hair along with grime. Cut down on shampooing as much as you can and turn to products like dry shampoo to protect your hair from getting mucky.

Touch-ups

To keep your hair colour looking vibrant, do not shy away from touch ups.

Avoid hot hair tools

Heat not only fades colours, but also makes hair dry. Keep your hair away from heated tools. Use the blow dryer on cold setting and if at all you need to use heated tool, use a thermal protection spray to keep both the hair strands and the colour safe.

Skip hot showers

Hot water depletes the intensity of hair colour. Using cold or lukewarm water to wash your hair will make the hair colour stay for longer.

While swimming

Chlorine added in swimming pools can have a bleaching effect on the hair, stripping it of the dye. Wear a shower cap to avoid chlorinated water touching your hair. Additionally, you can oil your hair.

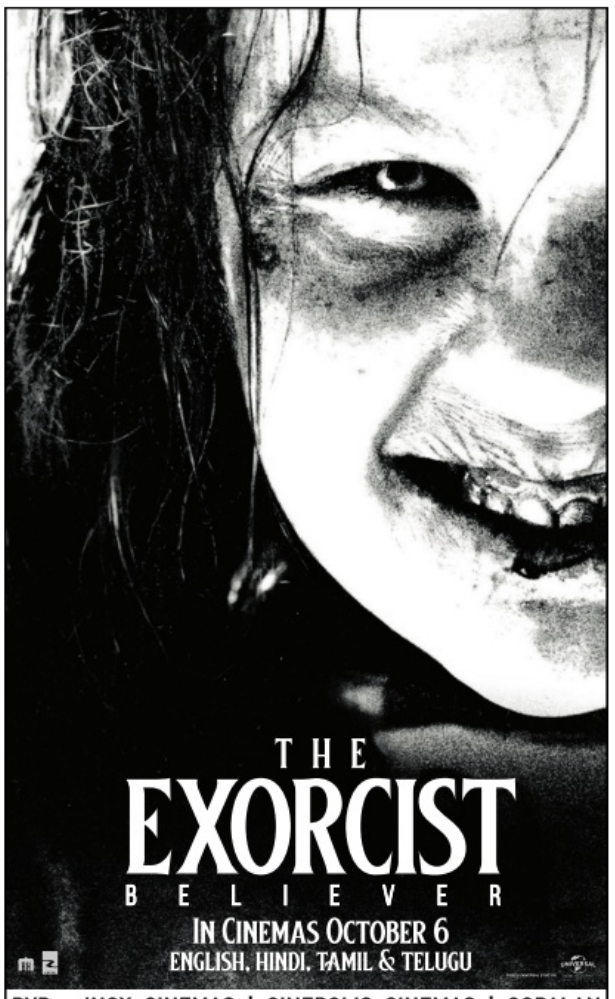
Keep sun at bay

Wear a cap or hat or wrap your hair with a scarf when going out.

Use right products

Using hair products meant for coloured hair is important. These formulas ensure that the colours don't fade and least amount of damage is done to the hair.

— Richa Ranjan, Femina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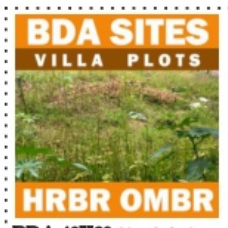
HRBR LAYOUT



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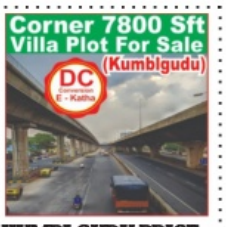

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Rescue vehicles gather dust

CONTINUED FROM PAGE 1

Expressing concern over the lack of awareness among those employed at Animal Husbandry and Veterinary Services Helpline, SPCA member Sujaya Jagadish said that owing to lack of coordination and teamwork across departments for implementation at the ground level, the AHVS Helpline is under performing. "Despite 200+ distress calls coming in for street animals, the Department of AHVS is faltering on its basic responsibilities to assist animals in dire need of help.

The ambulance does not reach in time thereby leaving the animals to the mercy of the roads and the traffic. Government ambulances are being wasted and the helpline workers, who have a duty to liaise with the ambulances, have no clue of what's happening and so it leaves the reporters/ rescuers high and dry. It is high time the AHVS Department and BBMP take cognizance," said Jagadish.

Demanding that the Animal Husbandry Department do more to create awareness, Arun Prasad, an animal activist, said the department merely issued a circular on the vehicles, but did not bother to see if those vehicles are being utilised.

"These vehicles have been allotted for more than three years but not many people are aware of them. It is the responsibility of the BBMP Animal Husbandry Department to create awareness among the public about the facilities available for rescuing strays in the city," said Prasad.

Action for Animal Justice secretary Nevina Kamath said that orders are gathering dust while rescuers run from pillar to post to get their suffering dogs picked up for treatment, spending huge sums from their pockets in the process.

KAUSHIK JN

"Many animals die as a result of non availability of timely medical attention. As usual, it is apathy of the civic body and AHVS Helpline. Why was this order not made public and a follow up done to ensure compliance, or to iron out difficulties and work out alternatives in implementation if that were the case?" asked Kamath. BBMP Animal Husbandry Joint Director Ravi Kumar said the rescue and squad vehicles are available from 10 am to 6 pm. "We cannot afford to engage the vehicle driver for more than eight hours. We do not have funds to recruit more drivers to ensure rescue and squad vehicles are available round the clock.

However, we are providing this facility during the night based on the seriousness of the complaint. We are contemplating engaging a non-governmental organisation (NGO) to organise awareness programmes. We are yet to avail permission from higher authorities," said Kumar.

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VISVESWARAIAH LAYOUT

30X40 4BHK Triplex with Lift Brand new House for sale at Vishveshwraiah 3rd Blk near Amma Ashram 40ft wide Road, opp.park.9448682467, 8217537292

AVAILABLE Commercial 50X80 BDA Site in Vishweshwariah Layout North Facing 80feet Road Good Location Buyers Contact: 9743381719

BHARATNAGAR BEL Society 30x50 North Face Sale on 40ft Road & Visveswaria Layout 6th Block BDA 30x30 Corner Site for Sale: 9964971895

AVAILABLE/WANTED BDA Sites in Vishweshwariah Layout 50x80, 40X60, 30X40, 20X30 Genuine Buyers And Sellers. Contact: 9743381719

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personal

CHANGE OF NAME

I, SONAKSHA SHRIDHAR IYENGAR residng at Ab-101, Alpine B Block, Golden Grand Apartments, Tumkur Highway Road, Yeshwanthpura, Bangalore-560022 have changed my name to SONAKSHA IYENGAR, vide affidavit dated 28.09.2023 sworn before notary V. Anjanappa, Bangalore.

I, Syed Ismail Khader S/o Syed Khader R/o. No. 10/12, 3rd Cross, Root Cannel Specialist Center, Maruthi Seva Nagar, Bengaluru-560033 have changed my name to SYED ISMAIL vide affidavit dated 28/9/2023 Sworn before notary: A R Munir Ahmed, Bangalore

I, Syeda Begum Irshad W/o Irshad Ahmed R/o. No. 15, 1st B Main Road, Bharathmata Layout, Venkatesh puram, Bangalore-560045 have changed my name to SAYEEDA BEGUM vide affidavit dated 28/9/2023 Sworn before notary: A R Munir Ahmed, Bangalore

I, Mohamed Aleemulla S/o Shafi R/o # 45 2nd Main Road Doddanna Layout Venkateshpuram B'lore 560045 have changed my name to Ameenulla S for all purposes

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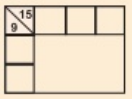
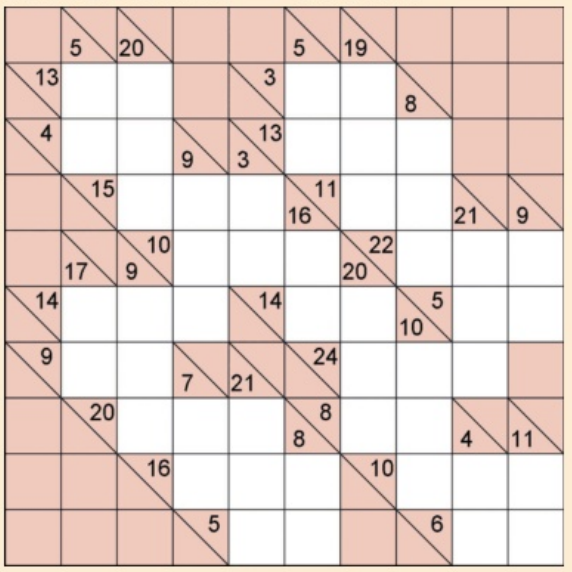
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

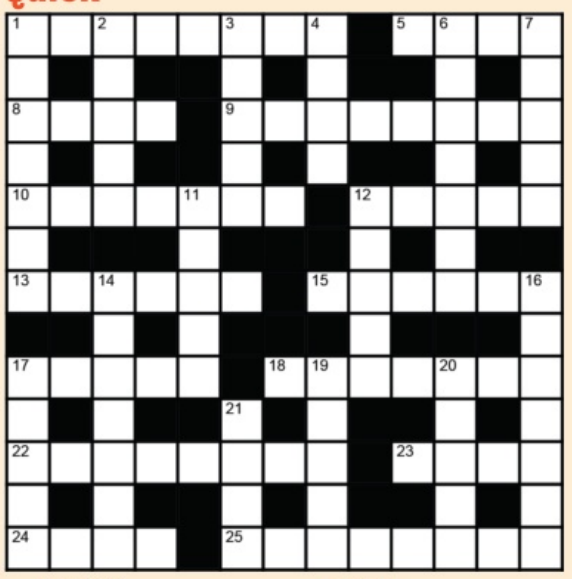


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Exhales and inhales; gasps (8)
5 Letters of urgency (4)
8 Masticate (4)
9 Ready to take place (8)
10 An old piece of furniture (7)
12 Eccentricities or peculiarities? (5)
13 ___ City: Bangalore of course (6)
15 Remained or resided (6)
17 One of the Pandavas (5)
18 Pranks, ploys or ruses (7)
22 Dampens (8)
23 Growl–"rang" anagram ? (4)
24 Later part of the day (4)
25 Grasslands (8)

DOWN

1 Cosmological theory of evolution? (3,4)
2 Precise (5)
3 Japanese poem (5)
4 Japanese wrestling (4)
6 Spare wheel (7)
7 Routes (5)
11 Female sovereign (5)
12 Desert region of Gujarat (5)
14 Answers back (7)
16 Craves, wants or wishes (7)
17 Having a gun (5)
19 Lawsuits (5)
20 Less important (5)
21 Assistance (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS T

YRDX QNHSDG PW YRD HTOF, ERP SGDE YRD QYPZF.

Linemaro

You have ten of the best fingers I have ever seen!

Mindchow

Beware the barrenness of a busy life

Joke of the day

Why is a laundromat a really bad place to pick up women? Because a woman who can't afford her own washing machine won't be able to support you

Loop

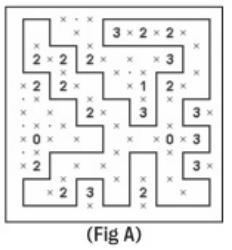
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

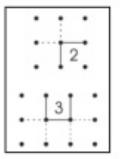
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

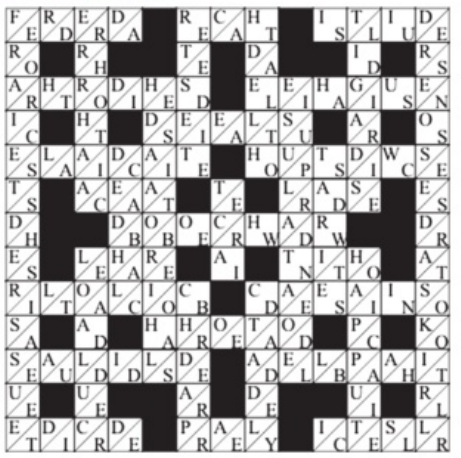


(Fig A)



(Fig B) Not Allowed

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

ACROSS

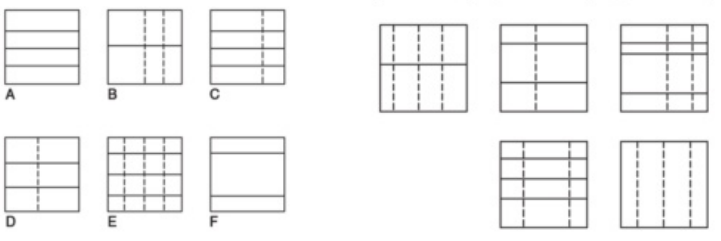
1 Cased; 6 Do law;
7 Ligan; 8 Dimer;
9 Brief

DOWN

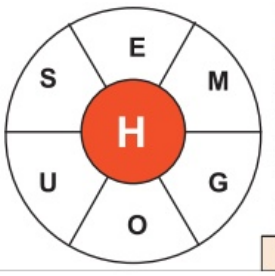
1 Fr Daw; 2 Ail I a;
3 CM Lib; 4 Greed;
5 Nodes

Mensapuzzle

Which is the missing box?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

SudokuChallenge

	5		4		3		9	
		4	6		1	7		
		1				6		
	3	8				9	2	
5			2		4			7
	4	7				5	6	
		5				3		
		9	8		6	2		
	2		1		9		8	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 9
2 2 6 7

Medium = 55
2 5 8 9

Hard = 6
3 6 7 5

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

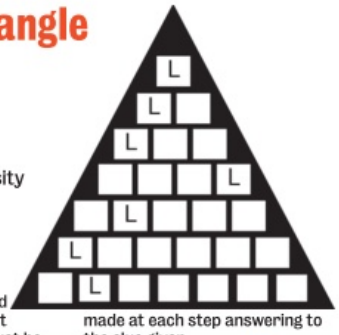
Differences: 1. Tree limb is shorter. 2. Foot is moved. 3. Sweater neckline is different. 4. Mouth is different. 5. Tree trunk is different. 6. Pant leg is longer.

Riddler

Only a small space and a single mark turns a deadly situation into a funny one. What can that be?

Alpha triangle

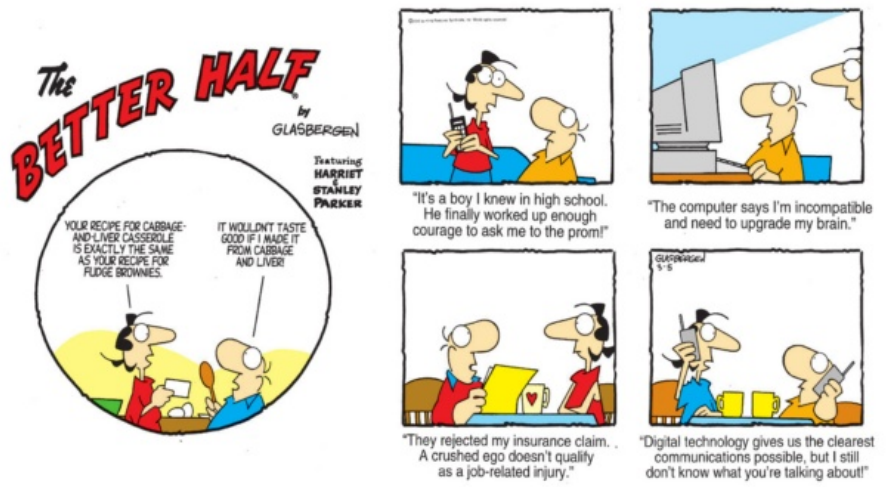
1 Litre
2 Scale member
3 Young fellow
4 Barter
5 Forest meadow
6 Fell back
7 Reduced in intensity



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

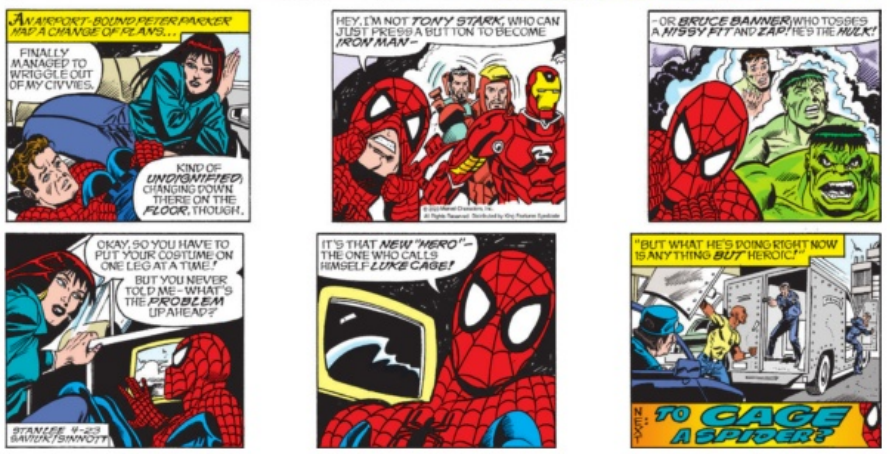
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS


The BETTER HALF
by GLASBERGEN
featuring HARRIET & STANLEY PARKER
YOUR RECIPE FOR CABBAGE-AND-LIVER CASSEROLE IS EXACTLY THE SAME AS YOUR RECIPE FOR FUDGE BROWNIES.
IT WOULDN'T TASTE GOOD IF I MADE IT FROM CABBAGE AND LIVER!
"It's a boy I knew in high school. He finally worked up enough courage to ask me to the prom!"
"The computer says I'm incompatible and need to upgrade my brain."
"They rejected my insurance claim. A crushed ego doesn't qualify as a job-related injury."
"Digital technology gives us the clearest communications possible, but I still don't know what you're talking about!"

BABY BLUES
BY RICK KIRKMAN & JERRY SCOTT
SIT UP STRAIGHT, HAMMIE. STOP SLOUCHING.
IS THIS HOW YOU MAKE YOUR BED??
YOU ARE NOT WEARING THAT TO THE RESTAURANT!
AM I THE ONLY PERSON WHO CAN CLOSE A WINDOW AROUND HERE??
:SIGH!:
I'M BECOMING MY MOTHER.
YOU SURE KNOW HOW TO PUT A GUY IN THE MOOD.

the AMAZING SPIDER-MAN
STAN LEE
BY FAILING TO USE HIS "SPIDER-POWER" WHEN HE HAD THE CHANCE, PETER PARKER ALLOWED A CRIMINAL TO ESCAPE THE LAW--A CRIMINAL WHO WOULD LATER MURDER PETER'S GENTLE UNCLE BEN!
THUS DID SPIDER-MAN LEARN THE FATEFUL TRUTH: WITH GREAT POWER COMES GREAT RESPONSIBILITY!


AN AIRPORT-BOUND PETER PARKER HAD A CHANGE OF PLANS...
FINALLY MANAGED TO WRIGGLE OUT OF MY CIVVIES.
KIND OF UNDRESSIFIED, CHANGING DOWN THERE ON THE FLOOR, THOUGH.
HEY, I'M NOT TONY STARK, WHO CAN JUST PRESS A BUTTON TO BECOME IRON MAN--
--OR BRUCE BANNER, WHO TOSSES A HISSY FIT AND ZAP! HE'S THE HULK!
OKAY, SO YOU HAVE TO PUT YOUR COSTUME ON ONE LEG AT A TIME!
BUT YOU NEVER TOLD ME--WHAT'S THE PROBLEM UP AHEAD?
IT'S THAT NEW "HERO"--THE ONE WHO CALLS HIMSELF LUKE CAGE!
"BUT WHAT HE'S DOING RIGHT NOW IS ANYTHING BUT HEROIC!"
TO CAGE A SPIDER!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be happy and have mental peace. You are likely to be busy with friends and family. You may enjoy your domestic life, and bonding with the spouse is likely to increase, which may maintain domestic harmony. There may be a new partnership in the business. New innovations may help your business grow.

Taurus Apr 21 – May 20
Today you may begin your day with positive thinking. You may be in a winning position against your opponents and hidden enemies. Your work may be praised by your seniors, and you may get some new responsibilities in terms of promotions. Students are blessed by the moon, which may show them the right path to choose good career options.

Gemini May 21 – Jun 21
Today you may be busy with family issues. You may explore your extra sources of income in terms of gains. You might take an interest in artefacts, movies, and glamour, which may improve your creativity. Love birds have a clear view in terms of their relationships. Students may now go ahead with their career goals

Cancer Jun 22 – July 23
Today you may have many options, which may make you confused. You may decide to visit your elders to consult them before making any important decisions. Your past karma may show you the right path to make the right decisions in terms of work and domestic life. Today, you should be careful of your parents' health.

Leo Jul 24 – Aug 23
Today your business plans are likely to be successful with the support of your subordinates. You may have short trips in terms of business, which will give you benefits in the near future. You may be involved in social and family get-togethers, which may increase your social network.

Virgo Aug 24 – Sep 23
Today is a good day for gains. You may make good plans to get good returns from your investments. You are likely to save money by avoiding spending on unnecessary stuff that may boost your savings. Love birds may be busy at family functions.

Libra Sep 24 – Oct 22
Today you may be busy with issues related to siblings and relatives. But you may expect some support at work, which may make your work run smoothly. Your network may help you complete your task successfully. You may plan to start some new ventures with the help of your siblings and network. There may be some smart gains after a little effort.

Scorpio Oct 23 – Nov 22
Today you may have a dull feeling, which may affect your health, and you may not get results from your professional meetings. You may have a feeling of wastage of time. From late evening on, disappointments may convert into happiness. You are advised to avoid rash driving or an adventure tour.

Sagittarius Nov 23 – Dec 22
Today is a good day. In the business, you may get new clients, which will be helpful in terms of growth in terms of profits. Singles are likely to find a good match. In domestic life, you must avoid hiding anything from your spouse; otherwise, it will create a gap in your relationship. Job seekers are likely to get a new job; there are chances of promotions in their current job.

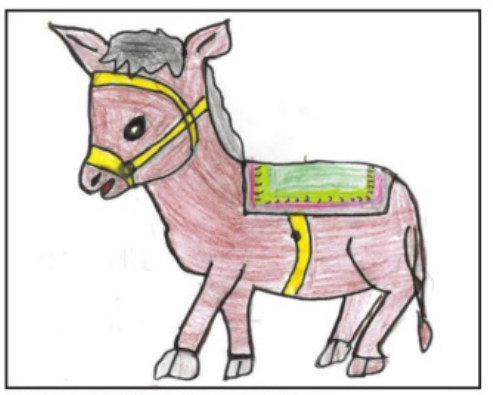
Capricorn Dec 23 – Jan 20
Today with the help of your strong network, you may implement your business plans. You may use your wisdom to gain profits. You may also have harmony in your domestic life; there may be good understanding between you and your spouse. Natives related to metal booking agents will do better.

Aquarius Jan 21 – Feb 19
Today you are more religious; you may plan to visit some religious place to find peace of mind. You may donate some amount to a charity or spiritual place. People around you may get help and support from you in terms of financial or moral support. You may enjoy every moment with satisfaction and patience.

Pisces Feb 20 – Mar 20
Today you may have a dull feeling. You are advised to control your short-tempered nature. Your focus is tested many times; you should try to avoid scattering towards your goals. So it is advised not to invest in worthless stuff. Lovebirds are advised to avoid making arguments on worthless topics.

KIDZONE

Aa Yush, 12 Years, Indiranagar Cambridge School


Preethi Roselin, 12 Years, Nisarga English School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(-13*13)+(13+13) -13=
(-169) +(1) -13=
-169+1-13=
-182+1= -181

BULL'S EYE
GUMSHOE, gush, home, hose, house, huge, mesh, mush, shoe

STRIKE OUT

F	R	E	D	R	A	H
O	R	E	A	I	I	R
R	H	O	D	E	S	L
C	T	D	E	A	L	S
E	L	I	C	I	T	O
T	A	C	T	L	A	S
H	B	O	E	R	W	A
S	A	D	D	L	E	D
I	T	A	L	I	C	C
E	L	A	R	I	N	T
G	A	R	D	E	N	S
A	N	T	I	Q	U	E
B	R	E	A	T	H	E

FAST FIVE

D	A	C	E	S
W	A	L	D	O
A	L	I	G	N
R	I	M	E	D
F	I	B	R	E

QUOTE UNCODE
They sicken of the calm, who knew the storm.

QUICK

D	U	S	K	P	A	S
E	N	L	E	O	E	
M	O	N	S	T	E	R
A	R	J	U	N	S	C
E	L	A	R	I	N	T
G	A	R	D	E	N	S
A	N	T	I	Q	U	E
B	C	K	O	P	H	
G	N	A	W	I	M	I
I	X	A	U	T	A	
B	R	E	A	T	H	E

MENSA PUZZLE
C: each row and column contains six complete lines and six broken lines

RIDDLER
With a small space and an apostrophe you can change a "manslaughter" into a "man's laughter".

SUDOKU

6	5	2	4	7	3	1
9	8	4	6	2	1	7
3	7	1	9	8	5	6
1	3	8	5	6	7	9
5	9	6	2	1	4	8
4	1	9	8	3	6	2
8	6	5	7	4	2	3
2	4	7	3	9	8	5
7	2	3	1	5	9	4

ALPHA TRIANGLE
L, La, Lad, Deal, Glade, Lagged, Flagged.

LOOP

GO FIGURE
Easy
7 - 2 - 2 + 6 = 9
Medium
5 x 9 + 8 + 2 = 55
Hard
5 + 7 x 3 / 6 = 6

KAKURO

5	20		5	19		
13	4	9	3	1	2	8
4	1	3	9	3	4	8
15	8	6	1	16	9	2
9	3	2	14	9	5	4
17	9	1	2	7	22	5
14	9	8	1	3	2	9
	9	8	1	7	24	9
	20	5	6	9	8	2
		16	1	8	7	10
		5	4	1	6	1

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BEAUTY ICON

Disha Patani reflects on her unforgettable Bollywood journey

Disha Patani is undeniably one of the most beautiful actresses in Indian cinema, and she has never failed to impress fans! The actress has wowed fans with performances in films such as Malang, Baaghi 2, and many more and has completed six years in the industry. She debuted in Bollywood with the 2016- release 'MS Dhoni: An Untold Story' alongside the late Sushant Singh Rajput.

Expressing gratitude for the same occasion, Disha says, "Six years have passed since 'MS Dhoni,' I feel extremely grateful for everyone who has supported me on this journey. I would like to thank everyone for the love I've received for my portrayal of Priyanka, and I appreciate all of you who have never stopped showering me with immense love, especially my butterflies!! And, as they say, 'Firsts are always special', this film will always hold a special place in my heart."

Furthermore, Disha Patani's dedication to fitness and stunning appearances in various magazines and fitness campaigns have inspired countless individuals to adopt healthier lifestyles. Disha's fan following extends beyond India's borders, with a global audience appreciating her beauty and talent. She has become a fashion icon, with fans waiting eagerly to replicate her style and fitness routines!

On the work front, Disha received a lot of love for her directorial debut song, 'Kyu Karu Fikar'. She will soon be seen in multi-starrer 'Kalki 2898 AD', 'Kanguva' and 'Yodha' alongside Sidharth Malhotra.

— ETimes

BEACH DATE

Actor Preity Zinta shared adorable pictures from her beach date with her kids, Jai and Gia, on Saturday morning. In one of the pictures, the little ones can be seen playing with sand. Another picture shows Preity flaunting her dimpled smile while holding baby Gia close to her. "Beach days so much to be grateful for #ting," she captioned the post.

As soon as Preity dropped the images of her munchkins, fans chimed in the comment section and showered love on the mommy and her children. Preity has lived in Los Angeles since she tied the knot with Gene Goodenough. The couple got married on February 29, 2016, in Los Angeles. The duo became parents to twins in 2021. In a recent conversation with ANI, Preity gave a sneak peek into her journey as a parent. She revealed that she plays the 'Koi Mil Gaya' title track to make her little ones sleep.

— ETimes

Chill mode

It seems like actor Kartik Aaryan wanted to 'chill' after the wrap-up of his upcoming movie 'Chandu Champion' in Kashmir as he was seen dipping in an icy river.

Kartik took to Instagram, sharing a video of himself taking an ice bath.

In the clip, Kartik was seen shirtless, taking a freezing ice bath in the river with a picturesque background for the first time.

The actor captioned the clip: "Wrapping up a power-packed action schedule with a first-time experience of an ice bath in the river that too in Kashmir #BucketList#RecoveryMode #ChanduChampion."

Ice bath, or cryotherapy, is also known as cold therapy. It may be used to treat a variety of tissue lesions.

Cryosurgery is the application of extremely low temperatures to destroy abnormal or diseased tissue and is used most commonly to treat skin conditions.

On the work front, Kartik was seen in 'Satyaprem Ki Kath'. He will next be seen in the Kabir Khan directorial,' Chandu Champion' and 'Bhool Bhulaiyaa 3'

— IANS

Mini rock fans

Hollywood star George Clooney says his twins are "headbangers" and fans of the heavy metal music genre.

The 62-year-old actor and wife Amal share six-year-old Ella and Alexander, and the 'Midnight Sky' star has been introducing the youngsters to rock music, which they have enjoyed a lot, reports aceshowbiz.com.

"He's actually started playing heavy metal music," Amal revealed to Access Hollywood.

George added, "The kids are listening to heavy metal. They're headbangers. It's not fully heavy metal. It's just heavy enough that they can bang their heads."

The couple explained the twins are both musical but added it isn't something they have inherited from them.

George said, "Not that we're in any way musical. We have no musical talent. We ruined the gene pool for them". The family spent the summer in Lake Como, and it was revealed in August Clooney and his lawyer wife had been enjoying "taking turns with taking the kids to activities" and embracing a balance in their lives.

—IANS